

# Access to Food While Sheltering at Home

It's important to maintain a healthy diet while you are sheltering in place. This can be difficult to do if you are unable to get to the store, are rationing what you do have, don't have an appetite, or just don't feel like cooking.

If you are able, get some of your favorite basic items such as eggs, bread, beans, rice, macaroni, soup, frozen and canned vegetables, fruit, or whatever you enjoy that meets your basic nutrition needs. Making enough for two or more meals is also helpful.

The University of Minnesota Extension Service has a two-week menu kit that includes a grocery list and recipes. Check it out here:

**UMN Extension 2 Week Menu Kit**

The U.S. Department of Agriculture has lots of information, including nutrition facts and recipes:

**USDA Nutrition**

**If you are unable to get to a grocery store and do not have assistance getting food, below are some resources. You can also contact your local grocery store or retail store like Walmart and Target, to see if they are delivering. If you can go shopping, some stores have changed their hours and created special shopping hours for seniors.**

## Statewide:

**Lutheran Social Services MN:** Call 1-888-881-8261

**Meals on Wheels America:** Enter your zip code to find a nearby program

## Twin Cities Metro Area:

**CAP Hennepin County Community Resources and Food Assistance**

**Ramsey County Food Assistance:**

Call 651-266-4444

**Metro Meals on Wheels Sign Up:**

Call 612-623-3363 in the Mpls/St. Paul area

**Metro Mobility Grocery Pickup:**

Metro Mobility is able to pick up grocery orders at no charge for currently enrolled clients.



**If you have questions, please contact your Social Worker or**  
**MVHCaregiverSupport@state.mn.us**





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## **Luverne Area:**

### **Meals on Wheels**

Lutheran Social Services – Luverne Senior Center, 319 E Lincoln St., Luverne, MN 56156  
Call **507-283-9846**

## **Fergus Falls Area:**

### **Meals on Wheels**

Land of the Dancing Sky AAA – Fergus Falls 313 S Mills; Suite 1, Fergus Falls, MN 56537  
Call **218-739-4617**

### **Battle Lake Senior Center**

209 W Main St., Battle Lake, MN 56515  
Call **791-371-5349**

### **Food Shelf**

1512 N 1st Ave., Fergus Falls, MN 56537  
Open Monday, Wednesday & Friday, 1-4 p.m.  
If you have questions, please email: [info@ci.fergus-falls.mn.us](mailto:info@ci.fergus-falls.mn.us) or call the City at **218-332-5200**. Do NOT call the food shelf.  
We cannot guarantee staff will be available to answer the phone.

## **Silver Bay Area:**

### **Meals on Wheels and additional information:**

Arrowhead Economic Opportunity Area, AEOA Senior Services  
702 3rd Ave. S, Virginia, MN 55792  
Call **218-735-6899**

[www.aeo.org](http://www.aeo.org) for links to Senior Nutrition Site Information and Food Shelf Services

### **Food Shelf (AEOA)**

Lake County Service Center – Mary MacDonald Center, 99 Edison Blvd., Silver Bay, MN 55614  
Call **218-226-4443**

**If you have questions, please  
contact your Social Worker or  
[MVHCaregiverSupport@state.mn.us](mailto:MVHCaregiverSupport@state.mn.us)**

